



County of San Diego

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February 24, 2017

TO: Behavioral Health Advisory Board (BHAB)

FROM: Alfredo Aguirre, LCSW, Director
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BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – MARCH 2017

1. ACTION ITEM(S): MENTAL HEALTH SERVICES ACT – COMPETITIVE SOLICITATIONS AND CONTRACT AUTHORIZATION FOR INNOVATION COMPONENT AND CALMHSa FUND DEVELOPMENT PROJECT

California's Proposition 63, the Mental Health Services Act (MHSA), was approved by California voters in November 2004 and became effective January 1, 2005, providing funding for expansion of mental health services in California. MHSA consists of five program components designated by the State: Community Services and Supports, Prevention and Early Intervention, Workforce Education and Training, Innovation, and Capital Facilities and Technological Needs. Pursuant to MHSA and California Welfare and Institutions Code Section 5846, county mental health programs are required to design and implement innovative programs and to increase access to and improve the quality of mental health services. Plans for each component were submitted to the State and implemented following Board of Supervisors approval on December 13, 2005 (1).

Mental Health Services Act Innovation Component

The County of San Diego is entering Cycle 4 of the Innovation component of the County's MHSA Plan. Innovation programs are time-limited projects that test promising practices to improve systems of care. The Innovation Program and Expenditure Plan, 2017-18 through 2023-24, includes current programs (Cycle 3) with an evaluation component, previously approved by the Board of Supervisors on October 28, 2014 (9), and proposals for five new projects to be implemented during Fiscal Years 2017-18 through 2023-24, all within the scope of available funding. The proposals have been considered by stakeholders through community engagement forums and the required 30-day public review period. As mandated by MHSA, the Innovation programs, including changes to previously approved programs, require review and approval by the Board of Supervisors before being submitted to the California Mental Health Services Oversight and Accountability Commission (MHSOAC). MHSOAC is required by statute to review and approve the Innovation projects before a county can begin implementation.

California Mental Health Services Authority

The California Mental Health Service Authority (CalMHSA), a joint-powers authority (JPA), was established to expedite implementation and administration of statewide Prevention and Early Intervention (PEI) projects funded under MHSA. On January 25, 2011 (8), the Board authorized San Diego County's membership in CalMHSA through a Joint Exercise of Powers Agreement (JEPA) in order to jointly develop statewide or regional mental health projects with other counties (Phase I). To maintain successful PEI projects, CalMHSA is requesting that participating counties continue supporting statewide PEI activities, including a three-year commitment to secure outside funding to fully implement Phase III of a statewide "Forging California's Culture of Mental Wellness" campaign.

Approval of this item's recommended action authorizes new procurements and contract amendments to expand and extend MHSA Innovation programs and evaluation for mental health services to children and youth, transition age youth (TAY), adults, and older adults; and authorizes payment to CalMHSA to support fund-development for the statewide PEI campaign. These actions support the County's adopted *Live Well San Diego* vision by enhancing access to services, promoting health and well-being in children, adults and families, and encouraging self-sufficiency.

It is, THEREFORE, staff's recommendation that the Board support the recommendations to: accept and approve the proposed MHSA Innovation and Program and Expenditure Plan, 2017-18 through 2023-24 and submit the proposals to MHSOAC for approval; authorize issuance of competitive solicitations for new services; authorize amendments to existing contracts to extend and expand existing services; and authorize payments to CalMHSA to support fund-development for the statewide PEI campaign.

2. LIVE WELL SAN DIEGO UPDATES / SPECIAL EVENTS

2.1 BHS Director Appointed to State Homeless Advisory Committee

I am pleased to announce that I have been appointed by California Governor Edmund G. Brown, Jr., to the State's No Place Like Home advisory committee. My appointment will support both this County's ongoing commitment to comprehensive, innovative homeless programing and our local challenges with a growing influx of new homeless persons.

2.2 Point in Time Count

In the early hours of January 27, 2017, hundreds of volunteers throughout the county turned out to participate in the annual Point in Time Homeless Count. Over 20 BHS employees joined other County employees and community volunteers to conduct a one-day unduplicated count of homeless individuals on the streets and in shelters throughout San Diego County. This count is mandated by the U.S. Department of Housing and Urban Development (HUD), and results in an estimate of the county's homeless population and used to plan local homeless assistance programs.

BHS recognizes a significant percentage of the homeless population may struggle with a mental health condition and/or substance use disorder, and frequently serves this population through our County clinics, contracted programs, funding of supportive housing projects and participation in several initiatives to improve the lives of homeless individuals.

2.3 **Project Homeless Connect**

On January 25, 2017, BHS participated in the 11th annual Project Homeless Connect event in San Diego. The San Diego Housing Commission was the lead organizer for this one-day resource fair that provided services, including health screenings, flu shots, dental exams, haircuts, legal aid, housing counseling, pet care resources and other services for San Diego's homeless families, veterans, seniors and individuals with disabilities.

General information was provided about BHS programs and services. A Homeless Outreach Specialist was also on hand to provide specific information to participants and answer questions. The specialist referred a participant to the Rescue Mission and was able to provide DMV paperwork to another participant who had lost her identification. The annual event was successful in large part due to volunteers and donations from providers and the community.

2.4 **Outreach Events**

BHS participated in the following outreach events in January and February 2017:

Date	Event	Purpose
1-12	Justice-Connected Conference	A resource fair for community partners in Criminal Justice, the Intellectual and/or Developmental Disability (ID/D) sector and Behavioral Health.
1-25	Jewish Family Service Resource Fair and Panel	A resource fair on raising resilient kids, ready to take on the future, and followed by a panel discussion.
1-25	Project Homeless Connect	An event connecting homeless adults and families to services and helping them to rebuild their lives.
1-27	Agency Field Internship Fair	An event providing students with quality field placement services and giving HHSA an opportunity to maintain and strengthen relationships with community agencies.
2-2	PERT Resource Fair	A resource fair for officers of PERT's 3-day academy.
2-21	Resilience: the Biology of Stress and the Science of Hope	A community screening event to help youth and families cope with trauma and build resilience.

2.5 **Save the Date**

Save the date for the NAMI Walk / HHSA Wellness Expo at Liberty Station on Saturday April 29, 2017.

3. **UPDATE FROM THE CHILDREN, YOUTH AND FAMILIES (CYF) SYSTEM OF CARE**

3.1 **Mental Health Services Act (MHSA) Innovations**

The CYF team has been developing a number of Innovation projects informed through various community stakeholder venues. Details about the following proposals can be found at: www.sandiego.camhsa.org.

- Expansion of Caregiver Connection (INN 11)
- Expansion of Family Therapy Participation (INN 12)
- Perinatal Project (INN 18)
- Telemental Health Project (INN 19)
- Medication Clinic (INN 22)

3.2 Pathways to Well-Being

- 3.2.1 CYF Pathways to Well-Being (PWTWB) had a successful review during the annual BHS External Quality Review (EQR) session in January 2017, with Child Welfare Services (CWS), Probation, Behavioral Health Education and Training Academy (BHETA), and the National Alliance on Mental Illness (NAMI) Family/Youth Liaison joining the BHS team to describe Pathways' achievements since the 2016 review.
- 3.2.2 The PWTWB Training Subcommittee, comprised of representatives from BHS, CWS, Probation and NAMI are in the process of reevaluating current provider training needs for the implementation of PWTWB, including the 0-5 population and Probation clients.
- 3.2.3 In September 2016, the Department of Health Care Services (DHCS), published the revised Medi-Cal Manual for Intensive Care Coordination (ICC) and Therapeutic Foster Care (TFC) for Medi-Cal Beneficiaries. This manual includes helpful examples and important information regarding PWTWB expansion. The PWTBW staff have incorporated this information into outreach and technical assistance training for BHS providers.
- 3.2.4 Following the completion of six Expansion PWTWB trainings developed and delivered by the PWTWB team, BHS providers are able to utilize the revised ICC and Intensive Home-Based Services (IHBS) expanded service code definitions which now include non-CWS clients. Subsequent to these training efforts, data provided by the BHS Quality Improvement/Performance Improvements Team reveal that from July 1, 2016 to November 30, 2016, 582 unduplicated non-CWS clients received ICC services and 319 unduplicated non-CWS clients received IHBS services. This represents a significant increase in the provision of ICC and IHBS services due to DHCS' expansion of services to non-CWS clients.

3.3 Continuum of Care Reform (CCR)

CYF continues to partner with CWS and the Probation Department on efforts to support the Continuum of Care Reform (CCR) to ensure permanency in a home environment for youth who must live apart from their biological families. Under CCR, group homes will transition to Short-Term Residential Treatment Programs (STRTP), which will require higher standards of care and the development of new BHS contracts. BHS, CWS, and Probation have implemented a committee tasked with reviewing program statements received from potential STRTPs and Foster Family Agencies (FFAs). BHS is involved in providing input to the State that will inform and impact operationalizing mental health services under CCR. Locally, BHS is providing ongoing support and outreach to providers who are undergoing the STRTP transformation, and to FFAs who may provide Therapeutic Family Care.

3.4 Emergency Screening Unit

The Emergency Screening Unit (ESU) provides crisis stabilization services to youth experiencing an acute psychiatric crisis, and when indicated, facilitates psychiatric hospitalization. Since July 1, 2016, ESU has screened and assessed 574 youth and diverted 73% of the youth from inpatient hospitalization. Of all the youth diverted, 100% were connected to new services or reconnected to existing providers for ongoing support. The County plan to expand ESU from four to twelve crisis stabilization beds and move from the South to the Central region is on track for fall of 2017.

3.5 CYF System of Care Training Academy

- 3.5.1 The Children Youth and Families System of Care (CYFSOC) Training Academy provides trainings to enhance the work of public systems in providing services to children, youth and families in San Diego County. BHETA continues this work through the Training Academy Committee, a collaboration of partners in four regions of the CYFSOC.
- 3.5.2 In Fiscal Year 2016-17, the CYFSOC Training Academy has so far delivered four classroom trainings on Understanding and Diagnosing Complex Behavioral Health Conditions, which trained course participants on understanding and diagnosing complex conditions and how to develop treatment recommendations that follow those diagnoses. This training has been offered regionally and will continue through the end of Fiscal Year 2016-17. BHETA will also offer trainings on Trauma Parenting and Engaging Families.
- 3.5.3 The CYFSOC Training Academy Annual Conference will be held on June 1, 2017, at the Crown Plaza Hotel in Mission Valley. This year's focus is on refugee families: *Honoring the Journey-Partnering with Refugee Families*. Registration opened in February.
- 3.5.4 Sponsorships for professional development opportunities will be made available to Parent, Family and Youth Support Partners throughout CYF to attend local and statewide conferences. In Fiscal Year 2016-17, up to ten sponsorships will be awarded to attend the CYFSOC Training Academy Annual Conference and two sponsorships will be awarded to a Parent Partner or a Youth Partner to attend the California Mental Health Advocates for Children and Youth Conference scheduled from May 17 to May 19, 2017 in Asilomar, CA. Information on how to apply for these sponsorships will be available through the CYF Council.

3.6 2nd Annual Critical Issues in Child and Adolescent Mental Health Conference

CYF, in partnership with the San Diego Academy of Child & Adolescent Psychiatry (SDACAP), the San Diego Psychiatric Society, the California Association of Marriage and Family Therapists-San Diego Chapter (CAMFT), and the San Diego Psychological Association will host the 2nd Annual Critical Issues in Child and Adolescent Mental Health Conference. This event was created to provide the County of San Diego Behavioral Health Services Systems of Care and community providers with the most current information on children and youth with complex issues. The conference is scheduled for Saturday, March 11, 2017, at the Crowne Plaza Hotel in Mission Valley. More information is available at: <http://cicamh.com>.

3.7 Treatment & Evaluation Resource Management (TERM) Trainings

In December 2016, CYF, in partnership with the Juvenile Probation, Optum Public Sector TERM, and BHETA, presented two trainings:

- Treating the Unique Characteristics of Justice Involved Youth: Trauma, Criminogenic Needs and Mental Health Targets - This training was designed for psychologists, psychiatrists, and mental health therapists who are TERM providers or wish to become providers.
- Competency to Stand Trial - This training was designed for psychologists, psychiatrists, and mental health therapists who are doing (or wish to do) evaluations of young people charged with a crime and the issue of competence has been raised by the courts.

3.8 **Family and Youth Liaison (FYL)**

In Fiscal Year 2016-17, the FYL, contracted with NAMI-San Diego, has implemented strategies to reach out to the community regarding their services as the new County FYL, including, but not limited to:

- The development and addition of a CYF FYL link on the NAMI website: <https://namisandiego.org/cyf-liaison/>, electronic newsletter, a new mobile application to increase accessibility to information and services, and a CYF Sector database, to be utilized as a mechanism to gather community input and distribute information.
- Family Youth Voice and Family Sector meetings are on-line and available in the Central, East, and South Regions. Both meetings serve to solicit the authentic voice and experience of families engaged in the CSOC.
- Recruitment of two Transition Age Youth (TAY) as CYF Behavioral Health Services Systems of Care Council (CYFBHSOC) members representing youth served by the Public Health system. The youth began attending meetings and contribute to the dialog with the CYF Council.
- Co-Chairing the CYFBHSOC Council Family/Youth Partner Sub-Committee.
- Offering two trainings: a 1-hour on-line training, "Principles of Family Youth Professional Partnerships;" and a 4-hour in-person training, "Working Together."
- Coordinating the 3rd Annual Children's Mental Health Well-Being Celebration to be held the first week of May 2017.
- Providing a monthly Family Youth Partner peer-support/professional-development group.
- Distributing a monthly electronic and hard copy newsletter featuring articles in English and Spanish (1,496 recipients accessed the December edition).

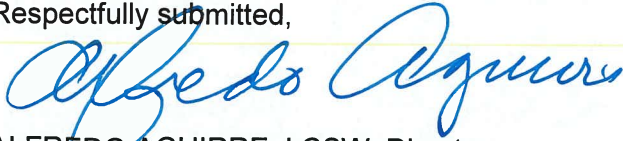
3.9 **Family Services Update**

Recent enhancements beginning in July 2016 to the Women's Perinatal Substance Use Disorder (SUD) treatment system have allowed for expansion of services to include:

- 3.9.1 Enhanced services to pregnant or parenting girls aged 15 and older. This expansion in all six County regions allows teens to have access to services that are offered at the perinatal programs, which had previously served pregnant and parenting women aged 18 and older. These services include gender-specific treatment, parenting classes, daycare, counseling, case management services, and coordination with CWS and other providers.
- 3.9.2 Perinatal programs have also been recently enhanced with additional behavioral health staffing to provide therapy to the mothers and services to their children on site. Children of mothers struggling with addiction face many obstacles. They may be struggling with the effects of trauma or have developmental concerns. Additionally, there may be bonding and attachment issues. Behavioral health staff with training and experience working with these issues can assist the children, helping them with the struggles they face. These efforts provide early intervention services to help these children and their mothers address issues before more intensive services become necessary.
- 3.9.3 In coordination with the County's increased focus on services for homeless individuals, eight Housing Outreach Worker (HOW) positions have been added to Family Services programs throughout the county. The HOWs provide housing-related case management services. These services include outreach to homeless individuals, screening and assessment for Serious Mental Illness (SMI) and SUD, providing referrals, linkage, and

information based on individual needs, and assistance with accessing various housing options. Crisis intervention services are also available and provided, if necessary.

Respectfully submitted,



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AA:mw

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